

2012 A.I.M. ACADEMY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW! 12pm - 1pm Boxing Kickboxing / Muay Thai Filipino Martial Arts (Eskrima-Kali-Arnis)	12pm - 1pm Boxing Kickboxing / Muay Thai Filipino Martial Arts (Eskrima-Kali-Arnis)	NEW! 12pm - 1pm Boxing Kickboxing / Muay Thai Filipino Martial Arts (Eskrima-Kali-Arnis)	12pm - 1pm Boxing Kickboxing / Muay Thai Filipino Martial Arts (Eskrima-Kali-Arnis)		10am - 11am Boxing Kickboxing / Muay Thai
					11am - 12pm Filipino Martial Arts (Eskrima-Kali-Arnis)
	NEW! 4:30pm - 5:15pm Kids Class (6 to 11 years)		NEW! 4:30pm - 5:15pm Kids Class (6 to 11 years)		
	5pm - 6pm Teens Class (12 to 15 years)		5pm - 6pm Teens Class (12 to 15 years)		
6pm - 7pm Martial Fitness	6pm - 7pm Martial Fitness	6pm - 7pm Martial Fitness	6pm - 7pm Martial Fitness	6pm - 7:30pm Sparring (By Invitation)	
7pm - 8pm Kickboxing / Muay Thai	7pm - 8pm Boxing	7pm - 8pm Kickboxing / Muay Thai	7pm - 8pm Boxing		
8pm - 9pm Jeet Kune Do (JKD) Concepts	8pm - 9pm Filipino Martial Arts (Eskrima-Kali-Arnis)	8pm - 9pm Jeet Kune Do (JKD) Concepts	8pm - 9pm Filipino Martial Arts (Eskrima-Kali-Arnis)		

Personal Training by appointment. Call A.I.M. Academy on (03) 9077 9028 to book in your Personal Training sessions.

Note: Timetable effective from 3 January 2012. Management reserves the right to change the timetable at any time.